



TIME	TOPIC	LESSON CONTENT			RESOURCES	ASSESSMENT
		PRACTICAL	PRACTICAL	HEALTH		
Weeks 1-10	Free running and Orienteering	<p><u>Free Running</u></p> <p>The primary focus of this unit is to develop in students, the basic fundamental skill that underpin all movement, students will also develop strength, flexibility, coordination, competence and confidence. Students will learn to appreciate and evaluate the performances of others, and will regularly evaluate their own performances, identifying individual strengths and weaknesses. They will learn to maximise their strengths and minimise their weaknesses. They will challenge themselves to engage in activities of varying levels of intensity and learn to manage themselves in a safe environment. Ultimately, students will develop controlled, coordinated and aesthetic movement skills.</p>	<p><u>Orienteering</u></p> <p>The orienteering unit aims to develop improvements in physical fitness of students as well as develop basic orienteering-specific skills. Exposure to an activity such as orienteering may help foster an interest in challenge and adventure activities, and lifelong physical activities. The unit allows scope for teamwork, partner work and individual challenge, and allows student to revisit the Cross Country course before the school carnival.</p>	<p><u>Healthy Habits</u></p> <p>Weeks 2-18</p> <p>In this unit students explore the concepts of health and wellbeing and the importance of healthy habits as a preventative measure. They identify good habits and how they contribute to overall health and wellbeing.</p> <p>Students will:</p> <ul style="list-style-type: none"> •understand the meaning of preventative health •examine the role that preventative health has in maintaining health and wellbeing. 	<p><u>Free Running</u></p> <p>-PE Uniform -Hat -Water Bottle</p> <p><u>Orienteering</u></p> <p>-PE Uniform -Hat -Water Bottle -Cross country course map -Orienteering maps -Orienteering flags / clickers</p> <p><u>Healthy habits</u></p> <p>-School workbook (Provided)</p>	<p><u>Free Running</u></p> <p>On-going observational assessment throughout Term 1</p> <p><u>Orienteering</u></p> <p>On-going assessment throughout term 1 focusing on the Level of performance of orienteering skills</p> <p><u>Healthy Habits</u></p> <p>Continuing into term 2, students prepare a multimodal presentation to highlight the importance of these practices as healthy habits.</p>
		Weeks 10-20	European Handball, Athletics	<p><u>Athletics</u></p> <p>In Athletics the fundamental skills of running, throwing and jumping events will be covered. The biomechanics on how performance can be improved through change of body movement will be analysed. Comparing technique to others and model performance through teacher demonstration and video evidence. In this unit, students develop specialised movement skills and explore the benefits of flexibility within the context of athletics. Students will also have the opportunity to:</p>	<p><u>European Handball</u></p> <p>In this Unit students will learn to apply strategies, tactics and correct decision making to maximise their own performance potential. The student will reflect on these qualities and adjust their learning experiences to accommodate this greater understanding. The development of ball skills is taught through a TGFU approach will provide the opportunity for improvement of ball skills and cooperation and teamwork. Students explore ethical behaviour and fair play and apply these concepts within a team and a variety of physical activities.</p>	<ul style="list-style-type: none"> •explore a range of community resources and strategies aimed at supporting health and wellbeing. •investigate healthy habits and strategies that promote and maintain health and wellbeing.

		<ul style="list-style-type: none"> • discuss the impact regular participation can have on health and wellbeing • participate in physical activities designed to enhance fitness 				
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HOME STUDY FOCUS

- Encourage your child to play outside for 30 minutes a day. This will help them to discover the importance of being active and be creative in their play.
- Encourage your child to show you what they have learnt in PE. Demonstrations in the backyard or in the lounge room encourage the students to become more confident and reinforce what they have learnt.
- Promote a healthy and an active lifestyle.
- Try to encourage your child to be active each day through example.
- Discuss situations that happened at school and help them to create strategies to develop positive relationships.
- Discuss ways to help other students who may be experiencing difficulties.
- Discuss the family heritage and cultural identities
- Recognise how Health issues are portrayed in the media and discuss its impact with positive and negative outcomes.

ADDITIONAL INFORMATION

Uniform:

The first priority is to be changed into appropriate clothing for the activity you are engaged in. On occasions when PE gear is unavailable for some reason students are to bring an alternative. Junior School students should bring a note from parents requesting the change for that day. It is expected that this will not occur on more than one occasion per semester.

PE lessons:

Green School PE shorts, green all purpose or coloured House shirt, white socks and sandals. For outdoor lessons a School Hat must be worn. Appropriate sports footwear (or school shoes if it is unavailable) must be brought to all non-swimming lessons unless specifically told not to.

Valuables:

All valuables are to be left within the classroom and brought to the attention of the class teacher.

Jewellery

The wearing of watches, chains and sleeper earrings are to be removed prior to the PE Lesson or left at home on these particular days.

Books

Students will be provided with a Work Book for their Health lessons. This book needs to be present for all sessions and wherever Homework for the subject has been sent home, please return this back to school prior to the Health lesson timetabled.